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ABSTRACT

The first chapter of this book explores the relationship between health and the behavior of individuals, groups and communities, using examples to show specific ways in which behavior influences health. Chapter 2 offers advice on ways to establish good relationships within the community. Planning forms the focus of the third chapter, describing methods for collecting information, setting priorities and objectives and evaluating results. Subsequent chapters concentrate on the counseling of individuals and families, health education of groups, and working with the community as a whole. The concluding chapter presents advice on using local resources and the media to communicate health messages. (JD)

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